



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09105, Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids**

**Report Date: June 30, 2017 06:18 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 255g
<b>Proximates</b>					
Water	g	80.26	97	0.079	204.66
Energy	kcal	73	--	--	186
Energy	kJ	305	--	--	778
Protein	g	0.34	83	0.006	0.87
Total lipid (fat)	g	0.07	74	0.003	0.18
Ash	g	0.21	87	0.003	0.54
Carbohydrate, by difference	g	19.11	--	--	48.73
Fiber, total dietary	g	1.0	--	--	2.5
Sugars, total	g	18.11	--	--	46.18
<b>Minerals</b>					
Calcium, Ca	mg	6	92	0.100	15
Iron, Fe	mg	0.28	92	0.013	0.71
Magnesium, Mg	mg	5	69	0.073	13
Phosphorus, P	mg	9	83	0.131	23
Potassium, K	mg	80	66	1.513	204
Sodium, Na	mg	6	89	0.270	15
Zinc, Zn	mg	0.07	29	0.003	0.18
Copper, Cu	mg	0.064	29	0.004	0.163
Manganese, Mn	mg	0.145	--	--	0.370
Selenium, Se	µg	0.5	--	--	1.3
<b>Vitamins</b>					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 255g
Vitamin C, total ascorbic acid	mg	2.4	137	0.049	6.1
Thiamin	mg	0.015	74	0.000	0.038
Riboflavin	mg	0.021	74	0.001	0.054
Niacin	mg	0.347	83	0.017	0.885
Pantothenic acid	mg	0.053	--	--	0.135
Vitamin B-6	mg	0.032	--	--	0.082
Folate, total	µg	3	--	--	8
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	8
Folate, DFE	µg	3	--	--	8
Choline, total	mg	3.7	--	--	9.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	25	158	0.843	64
Retinol	µg	0	--	--	0
Carotene, beta	µg	254	--	--	648
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	96	--	--	245
Vitamin A, IU	IU	504	158	16.855	1285
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	75	--	--	191
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	1.02
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	2.6	--	--	6.6
<b>Lipids</b>					
Fatty acids, total saturated	g	0.010	--	--	0.026
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 255g
14:0	g	0.000	--	--	0.000
16:0	g	0.007	--	--	0.018
18:0	g	0.003	--	--	0.008
Fatty acids, total monounsaturated	g	0.014	--	--	0.036
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.014	--	--	0.036
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.031	--	--	0.079
18:2 undifferentiated	g	0.028	--	--	0.071
18:3 undifferentiated	g	0.004	--	--	0.010
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0